

## **What's Your Go-To?**

### **Ready:**

"Before daybreak the next morning, Jesus got up and went out to an isolated place to pray." - Mark 1:35

### **Set**

When the lacrosse game was on the line and a goal was needed for the team, I went to my go-to move: the inside roll dodge. It was the move I practiced thousands of times and executed in competition with great success. The inside roll dodge was the move I relied on when the pressure was high and a goal was needed. This go-to move allowed me to excel, perform my best, and contribute to the team.

Coaches, teams and players know about go-to moves and how it can impact a game. A player with a signature go-to move is a game-changer. The go-to move is so effective, that you have no chance of stopping them.

Every athlete has their go-to move, and every coach has their go-to play. If this is true for the sports world, then I believe it is especially true for the spiritual world. What is your go-to move that allows you to be your best for Christ?

My friend and leadership expert Dan Webster recently shared with me three spiritual go-to moves. These three moves are habits of renewal that can help you maximize your impact for Christ.

### **1. Go-To Place**

Where do you go every day to connect with God? My go-to place is the desk my grandfather gave me while I was in college. Thousands of times, the desk has been my place of refuge where I worship God daily through prayer, reading and writing. The desk has become my spiritual gym where I workout every day to produce spiritual sweat!

Where and when we engage God is essential to a vibrant Christian walk. In Mathew 6:6, Jesus says, *"But when you pray, go into your room, close the door and pray to your Father, who is unseen."* Different translations use closet, inner room or private room. Where is your go-to place? Find one and get there every day. It will change your life.

### **2. Go-To Passage**

What passage gives you the greatest comfort and hope, direction and guidance? What verses are reviving your soul? We all need a fresh go-to passage. I am not talking about your daily devotional reading, but rather one passage that you keep coming back to because it speaks

to you. Psalm 19 has been my go-to-passage for the past month.

What verses are you chewing on daily? A go-to passage can be the same for a week, a month or a year. In Colossians 3:16, Paul encourages us, *“Let the word of Christ dwell in you richly.”* Get a go-to passage that can bring you life daily.

### 3. Go-To Person

Everybody needs at least one go-to person. You can call at 3:00 a.m., and they will show up at your doorstep. Isolation is the Christian's silent enemy; however, key relationships can stop the sin of isolation. So many people I know have gone down in flames because they did not have someone to do life with. Chuck Swindoll wrote, “Accountability includes opening one's life to a few carefully selected, trusted, loyal confidants who speak the truth—who have the right to examine, to question, to appraise and to give counsel.”

In Ecclesiastes 4:9-10, Solomon reminds us why we all need a go-to person: *“Two are better than one, because they have a good return for their labor. If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up.”* Jimmy Page, my friend of 25 years, is my person. Who is your go-to person? Find one immediately. They can literally save you. Most likely, you can do the same for them!

When we have a go-to place, passage and person, we are putting ourselves in the best possible position to be used by God in a powerful way. Allow these three spiritual go-to moves impact your life and others!

#### Go

1. **WHERE** is your go-to place? Ask the Lord where He wants to meet with you daily.
2. **WHAT** is your go-to passage? Find a passage that ministers to you. Pray it, study it, and soak in it.
3. **WHO** is your go-to person? Ask the Lord to reveal to you a person who you can be an open book with. Go to them and ask them to be your go-to person.

#### Workout

- Matthew 6:6-8
- Colossians 3:12-17
- Ecclesiastes 4:9-12

#### Overtime

“Father, I realize that You want the very best for me because of Your bottomless, unconditional love. In response to Your great love, I desire to have these three spiritual go-to moves in place. I ask for You to show me the right place where You want to meet with me daily; for the right passage that will give me direction and hope for this current season; and for the right person who I can do life with. In the name of Jesus, I pray. Amen.”

**Bible Reference:**

Mark 1:35

Matthew 6:6-8

Psalms 119:1-176

Colossians 3:12-17

Ecclesiastes 4:9-12



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